

Mana Lomi® Level 1 & Lomi'ili'ili

April 1-3 & 5-7, 2013 Hawaiian Hot Stone Therapy



Mana Lomi® 1: Clinical Techniques April 1-3, 2013

Tuition: \$485 Instructor: Carol Hart, MAT6285

Authentic Mana Lomi® is based on Hawaiian concepts of working with the body, mind and spirit. It is hands-on healing that is deep and powerful, yet gentle, giving immediate and long-term results. Lomilomi symbolically means “to communicate energetically deep within the bones of the individual thus the soul of the person”.

Mana Lomi® Level 1 will include topics such as clinical procedures of Mana Lomi®, simple meditation, ho'oponopono (alignment of living), the history and timeline of Mana Lomi®, Hawaiian healing chants, and Hale Pulo'ulo'u (Hawaiian House of Purification) on the final day (time and weather permitting). Mana Lomi® 1 is suggested for all upper level Mana Lomi® techniques including Level 2 (Advanced Specific Conditions), Lomi'ili'ili (Hawaiian Hot Stone Therapy), and Level 3 (Joint Mobilization, taught exclusively by Kumu Maka'ala Yates, D.C.). Upon completion, all students are qualified for 27 units of continuing education under Category A with the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB).

Lomi'ili'ili (Hawaiian Hot Stone Therapy)

April 5-7, 2012 Tuition: \$535

Carol Hart, MAT6285

Lomi'ili'ili, which literally means “flat stones in motion,” have been used in Hawaii for hundreds of years to treat the many levels of healing necessary to help restore balance in the mind-body-soul. Traditionally, stones were used as an extension of the hands to help the practitioner to better access hard to reach physical restrictions.



This intensive training invites you to experience the traditional and ancient Hawaiian art form of hot stone therapy that is specific to the individual's needs. Each student will learn how to collect stones using proper protocols, how to heat the stones and control the temperature, and how to clean the stones. workshop will take place from April 5-7, 2013

Both workshops will take place at the Aloha Lomi Massage Academy (MAE2666) for three full days. Most materials are provided. To save a position in either class, send \$100 non-refundable deposit by March 15; full tuition must be paid two weeks in advance. Upon completion, all students are qualified for 27 units of continuing education under Category A with the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB).

For more information call 808-245-LOMI (5664) email carol@alohalomiacademy.com



Carol Hart, MAT 6285, is a certified Mana Lomi® Instructor. She founded Hart-Felt Massage & Day Spa , the first massage establishment and spa on West Kauai, and is founder and instructor for the Aloha Lomi Massage Acadmy in Lihu'e.



Bringing The Healers Back Into The Families.